

FORGING THE FUTURE:



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Friday FACTS

7 March 2003

"Leadership, Partnership, and Championship"

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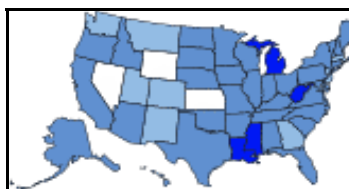
Nutrition & Physical Activity



Overweight and Obesity

Overview

In the United States, obesity has risen at an epidemic rate during the past 20 years. One of the national health objectives for the year 2010 is to reduce the prevalence of obesity among adults to less than 15%. Research indicates that the situation is worsening rather than improving. For further information on this national epidemic, visit <http://www.cdc.gov/nccdphp/dnpa/obesity/index.htm>



Defining Overweight and Obesity - <http://www.cdc.gov/nccdphp/dnpa/obesity/defining.htm>

Body Mass Index (BMI) - <http://www.cdc.gov/nccdphp/dnpa/obesity/bmi.htm>

Obesity Trends - <http://www.cdc.gov/nccdphp/dnpa/obesity/trend/index.htm>

Contributing Factors - http://www.cdc.gov/nccdphp/dnpa/obesity/contributing_factors.htm

Health Consequences - <http://www.cdc.gov/nccdphp/dnpa/obesity/consequences.htm>

Recommendations - <http://www.cdc.gov/nccdphp/dnpa/obesity/recommendations.htm>

State-based Programs - http://www.cdc.gov/nccdphp/dnpa/obesity/state_programs/index.htm

Frequently Asked Questions (FAQs) - <http://www.cdc.gov/nccdphp/dnpa/obesity/faq.htm>

Resources - <http://www.cdc.gov/nccdphp/dnpa/obesity/resources.htm>

Weight Management is Vital for Long-term Wellness

It's a Fact: Research shows that people who include physical activity in their weight-loss programs are more likely to keep their weight off than people who only change their diet.



Take Action: Burn some of the calories you take in -exercise can help you lose weight. Regular physical activity is the key to successful weight control and improved overall health. Make physical activity fun by doing things you enjoy, such as dancing or playing sports. Vary your activities so that you don't get bored with any one thing and encourage your family or friends to support you and join you in your activity.

Source: "Pick Your Path to Health," Office on Women's Health, <http://www.4woman.gov>.

Performance Management: Tips for Success

- First things first.
- Prioritize rather than procrastinate.
- Act immediately on paperwork and OHIO—only handle it once.
- Acknowledge not all things you do will turn out as planned or be successful.
- Reward yourself when you are successful.
- Embrace challenges—but don't be too perfectionist and fussy.
- Enjoy being busy, but establish a balance with quiet time to relax and re-energize.
- Make deadlines.
- Breakdown large tasks into smaller ones and attach deadlines to small parts.
- Notice how and where you work best.
- Create an environment where you can work your best.
- Do what you're good at.
- Leave time between engagements to gather your thoughts and for better transitions between activities.
- Keep a notepad handy.
- Read with a pen so you can make notes as you read.

"The difference between the possible and the impossible lies in a person's determination."

- Tommy Lasorda